

Scoops of Information & Inspiration!

DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



TAKE A PEEK!

Check out our final edition of the year, of our Information & Inspiration news bulletin created with YOU in mind. We hope it has provided you with updates on our numerous programs, while providing you with practical living tips with a healthy dose of INSPIRATION

To get your SCOOPS delivered to your inbox, email:

DCoDSSPublicInformation@dconc.gov

Make Memories This Holiday Season



There is no better gift than the gift of your PRESENCE. Enjoy your loved ones and develop holiday traditions together!



With the New Year coming upon us, we want you to have these valuable \$ nuggets of advice!

What happens when the \$250+ Child credits end? bit.ly/3ITj

How to Budget Like a Pro in 4 Simple Steps bit.ly/3IYszZu

Are Debt Collectors on Social Media?! bit.ly/324rCOr

What to Do if You have an Eviction on Your Record bit.ly/32aimbe

RED VELVET GOOEY BUTTER COOKIES

Recipe courtesy of: Karen Clark, FOXY 107/104
Radio Personality

Karen Clark can cook! Follow her on IG to check out her many delicious recipes there!

@TheKarenClark

Ingredients:

- 1 package Red Velvet Cake Mix
- 8 oz cream cheese, softened
- 1/2 cup butter, softened
- 1 large egg
- 1 tsp pure vanilla extract
- 1/2 cup white chocolate chips
- 1/2 cup powdered sugar







Red Velvet

RED VELVET GOOEY BUTTER COOKIES (CONTIN.)

Directions:

- 1. Heat oven to 350 degrees
- 2. In a large bowl, using an electric mixer, combine butter and cream cheese until fluffy.
- 3. Add egg and vanilla, mix until completely incorporated, then add cake mix and continue mixing until a dough forms (will be thick.) Fold in white chocolate chips.
- 4. Place powdered sugar in a small bowl.
- Using a cookie scoop, form one-inch dough balls and roll into powdered sugar to coat.
- 6. Place cookies 2-inches apart onto a parchment lined cookie sheet and bake for 10-12 minutes, until centers are set.
- 7. Cool on wire rack.
- 8. When completely cooled, dust with powdered sugar.



karen Clark, graces SCOOPS this month with a delicious holiday cookie! She is a busy mom, chef & mid-day personality at FOXY107/104 radio station. She also serves as the news & public affairs director. Don't miss Karen's delicious gourmet meals on her Instagram page. She is a woman of many talents!

@TheKarenClark

DO YOU NEED HELP WITH YOUR HEATING BILL?

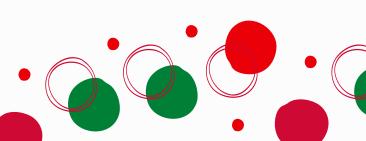


Starting December 1, 2021 DCoDSS will begin taking Applications for LIEAP -- The Low Income Energy Assistance Program. Applicants aged 60+ are eligible, as are those with disabilities and who receive Food & Nutrition Services. Call (919) 560-8192 to make a virtual appointment with our LIEAP Specialists. On January 3, 2022 all Durham residents may apply online as well at: https://www.ePassnc.gov.

The LIEAP program ends March 31, 2022.



Starting January 3, 2022 all Durham residents can apply for the LIEAP program for energy assistance.







Your Mental Health **Matters**

At this time of year, many people suffer with loneliness and depression. The state provides the HOPE 4 NC hotline for free.. Providing 24/7 support and resources to North Carolinians in need of assistance.

HOPE # 4 NC We're here 24/7 with support and resources. 855.587.3463 hopeisontheline



Social Services

Does your tax bill have you stressed?



Hurry the deadline to apply is 12/31/21!

The Durham Low-Income Homeowners Relief Program (LIHR) may be able to assist you. You must be in your Durham residence

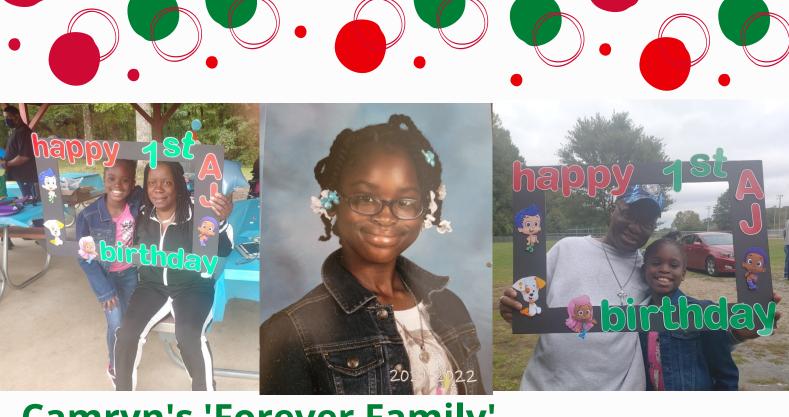
for at least 10 yrs. There are income requirements to meet eligibility. To learn more, visit our website DCONC.gov/DSS

The Best Mental Health Apps of 2021

- Best Overall: Moodfit.
- Best for Learning Coping Skills: MoodMission.
- Best for Therapy: Talkspace.
- Best for Stress Relief: Sanvello.
- Best for Meditation: Calm.
 - Best Fun App: Happify.
- Best for Depression: Depression CBT Self-Help Guide.
- Best for BIPOC: Shine







Camryn's 'Forever Family'

We celebrate Bertha & Mac Lyon for adopting Mr. Lyon's paternal cousin, Camryn. The Lyon's are retired empty nester's and knew that they had the heart and home for children. Camryn's adoption was finalized on February 2, 2021, and she is thriving in their home.

In September, 2021 NC had an estimated 11,585 children in foster care; an average of 16,652 children were in care in NC during the period of July 1, 2020 to June 30, 2021. In late November DCoDSS had 302 children in foster care, with approximately 88 children in care with a plan of Adoption. YOU can make a difference in a child's life, like the Lyon's did. Call us, 919-560-8092. Let's have the conversation.

Follow Us!





Happy Holidays from Your Friends at DCoDSS!

